

Whitney Ranch Community Association

Fitness Class Agreement of Release and Waiver of Liability

1. That I am participating in fitness classes and/or using equipment offered by Whitney Ranch and Guiding Fitness, during which I will receive information and instruction. I recognize that fitness requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in a fitness class. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in a fitness class.
3. In consideration of being permitted to participate in fitness classes and/ or use fitness equipment I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In further consideration of being permitted to participate in fitness classes and/or use fitness equipment I knowingly, voluntarily, and expressly waive any claim I may have against Whitney Ranch and/or Guiding Fitness for injuries and/or damages that I may sustain as a result of participating in the program.
5. I understand that the staff at Whitney Ranch and Guiding Fitness are not doctors and do not practice medicine. If I experience any discomfort, Whitney Ranch and Guiding Fitness suggest that I see my physician.
6. I understand that, from time to time during classes the instructor may physically adjust students' form. If I do not want such physical adjustments, I will so inform the instructor at each class that I attend. I also acknowledge that if I do wish to receive such adjustments, I will so inform the instructor when an adjustment has gone as far as I desire at that time.
7. I, my heirs and/or legal representatives forever release, waive, discharge and covenant not to sue Whitney Ranch and/or Guiding Fitness for any injury or death caused by their negligence in their acts.
8. I understand that by signing this form I certify that I have been trained in use of the on site AED (automated external defibrillator). See reverse for training video information.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature of Participant: _____ Date: _____

Name:(list additional household residents on back)

Home Phone: _____ Work/Other Phone: _____

Address: _____

E-Mail: _____

Injuries or Medical Issues that we need to know about: _____

Emergency Contact: _____

See reverse for additional required waiver information

I understand that prior to using the fitness room, I have been trained in use of the AED (automated external defibrillator) by watching the video linked in this qr code, or visited:

<https://www.youtube.com/watch?v=Zw78XnpjAGU>.



Please Read Carefully: I am aware that fitness classes and equipment are offered to serve me. By my participation in classes and activities and use of equipment offered by Whitney Ranch and Guiding Fitness, I agree to take full responsibility to ascertain that there is no medical reason to prevent my participation. I waive any claim that I may have at any time for any injury of any sort against Whitney Ranch and/or Guiding Fitness and/or any person or entity in any way involved there with.

Signed: _____ Date: _____

Additional Household Members:

Print Name: _____

Signed: _____ Date: _____

Print Name: _____

Signed: _____ Date: _____

Print Name: _____

Signed: _____ Date: _____

Print Name: _____

Signed: _____ Date: _____